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AUTHOR	Cohen, George J., Ed.
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ABSTRACT

Because sleep disturbances are common in childhood, almost every parent will have to deal with a child's sleeptime problems at some point. This guide offers information on sleep in children from birth through adolescence. The book answers common questions from parents, and provides advice on preventing Sudden Infant Death Syndrome, getting infants to sleep through the night, and solving sleep-wake problems. The book also evaluates the pros and cons of popular but conflicting child-sleep advice so parents can make the best decisions for their families. Following an introduction, the chapters are: (1) "Understanding Sleep"; (2) "How Much Sleep Does My Child Need?"; (3) "The First Few Months"; (4) "Problems in Sleeping through the Night"; (5) "Controversies and Strategies"; (6) "Bedtime Routines and Rituals"; (7) "There's a Monster under the Bed: Dealing with Fears"; (8) "Nightmares, Sleep Terrors, and Partial Arousals"; (9) "Twins and More"; (10) "Solving Common Problems"; and (11) "Changes at Adolescence." Appended is a list of sleep treatment centers accredited by the American Sleep Disorders Association and a list of resources from the American Academy of Pediatrics. (KB)

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